

GENERAL FEDERATION OF WOMAN'S CLUB

BIG RAPIDS NEWSLETTER



Linda Telfer, President
Pat Rossi, 1st VP
Melanie Henry, 2nd VP (membership chair)
Joyce Iltis, Secretary
Sue Johnson, Treasurer
Ann Stellard, Parliamentarian

WEBSITE: GFWC-BIGRAPIDS.ORG

"Working for a Better Community"

December, 2022



President's Note



Merry Christmas GFWC Sisters:

As I write this note, I'm thinking about our Christmas party on the 13th. I hope that I will see you there as this is a time that we sit back and enjoy our friendship. We have lots to be thankful for and I am happy that we are able to help our community in ways that we do. I'm looking forward to seeing what we can do in the year ahead.

Merry Christmas to all and to all I wish you good health in the coming year.

Linda Telfer, Club President & Newsletter Editor
(Contact info: LindaTelfer@ferris.edu)

P.S. Can you find the Christmas tree  in this newsletter?



December 5—Mitten Tree ends

December 13—Christmas Party @ Three Girls Bakery 6:00 p.m. social/dinner 6:30 p.m.

December 21—Library Holiday Party 10:30 a.m. (volunteers needed)

December 27—Coffee Talk @ 10 a.m. at Three Girls Bakery

January 10 — GFWC Meeting at the Elk's @ 6:30 p.m.

Club Members—Cares and Concerns

Melanie Henry

Joyce Iltis



DECEMBER BIRTHDAYS

25—Jesus—the reason for the season.



SECRET SISTER REMINDER



I hope you had fun with the Secret Sister activity. The Christmas Party will be the “Big Reveal.” It was fun to get something each month and get to know your Secret Sister in ways that you probably wouldn’t have otherwise.

Christmas Party

Tuesday, December 13

6:30 p.m.

Bring new children’s books for Project Starburst and your Secret Sister gift for the reveal (include your name this time.)



The Mitten Tree

The **Mitten Tree** is located in the lobby of Artworks until December 5. The donated mittens, gloves, scarves, etc. will be donated to Angels of Action on December 5. Please do not bring items to the Christmas party. Thank you for warming the hands and heads of our local children.

SOCIAL EVENTS



COFFEE TALK

The next Coffee Talk will be **December 27**, at Three Girls Bakery. Please consider joining us at 10:00 a.m. and **bring a friend** who might be interested in GFWC.

What's Been Happening?



Bunco Night was held at Pat Rossi's house on November 9th. Seven people attended and some laughing, oohing and aweing might have taken place. Thank you Pat for a fun evening. Sorry we forgot to take pictures.



Flower Arranging took place on November 14 at Sue Johnson's home. A meal was enjoyed followed by the flower arranging which involved four members. These arrangements will be delivered to shut-ins and nursing homes. This is organized by the Environment CSP.



Chamber Gala Opportunity



Remember this picture that went out to the members for a call for help? Well.... Mary Beth Vanderlist turned this Charlie Brown tree into a work of art (see below). All 18 trees were decorated differently for the Chamber Gala. Delores Simpson, Ann Stelard, Mary Beth Vanderlist and Linda Telfer volunteered their time for this wonderful opportunity.



Cultural Dinner



Seven members were able to attend the cultural dinner at Nawal's on November 29th. We had good conversation and the waiter was delightful and shared his jokes with us. The Arts & Cultural CSP will organize another cultural experience in January so be on the lookout so you can join in on the fun.



Recycling Batteries

Celeste Szczerowski, Chair of the Environment CSP, reported that she turned in 35 pounds of batteries that our club had collected. Way to go!!!!

GFWC Partner Program Spotlight



It began with the fight against polio. Since 1938, March of Dimes has helped millions of babies survive and thrive.

The mission of [March of Dimes](#) is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. They carry out this mission through research, community services, education, and advocacy to save babies' lives. They help moms have full-term pregnancies and healthy babies, and if something goes wrong, they offer information and comfort to families.

Healthy pregnancies, families, communities and you—Families need a champion to help get the best possible start. Together with their partners, they work to meet the needs of families by shedding light on racial disparities in health care, raising critical money to improve mom and baby health and focusing their work to make the country more equitable for everyone.

Actions speak louder than words—Preterm birth, rising maternal health risks and deaths, racial disparities and a health equity gap are real problems facing families and parents today but with help from their partners, donors and volunteers, March of Dimes continues to make an impact.

The following are the programs that they offer: Implicit Bias Training, Prenatal education, support and care; NICU Family Support®; International Conference on Birth Defects and Disabilities in the Developing World; Supportive Pregnancy Care® and the Mom & Baby Mobile Health Centers®.

The March of Dimes Mom & Baby Mobile Health Centers® aim to improve birth outcomes by addressing access issues along with social drivers of health more broadly, while providing wrap-around clinical and community services and referrals.

MARCH OF DIMES MOM & BABY MOBILE HEALTH CENTERS®

- Enable health care access to women and children via pre-conception, pregnancy, postpartum and newborn interventions, as well as primary, wellness and preventative care, in their neighborhoods.
- Are uniquely positioned through purpose-driven partnerships to serve people of color and underinsured and uninsured members in underserved communities regardless of immigration status or ability to pay.

THEIR APPROACH—March of Dimes Mom & Baby Mobile Health Centers® aim to improve birth outcomes by addressing access issues along with social drivers of health more broadly, while providing wrap-around clinical and community services and referrals (e.g. housing, nutrition). In partnership with clinical providers, their mobile health centers offer services across five pillars of maternal and infant care:

1. Pre-pregnancy interventions
2. Pregnancy interventions
3. Postpartum interventions
4. Newborn interventions
5. Primary health care interventions

HOW THEY WORK

March of Dimes Mom & Baby Mobile Health Centers® facilitate collaborative partnerships across multiple sectors and efficiently allocate financial and human resources—and directly meet women and families in their communities, minimizing barriers to accessing care.



Brought to you by Health and Wellness

Persian Pistachio-Cardamon Thins

Food Network, courtesy of Nancy Vaziri

Makes 3-4 dozen cookies.

Ingredients:

1 cup granulated sugar

2 teaspoons ground cardamon

6 egg whites

1 cup all-purpose flour

¼ teaspoon salt

1 cup shelled, unsalted pistachios, ¾ cup coarsely chopped, ¼ cup finely chopped

Directions:

- Preheat oven to 350 degrees. Prepare an 11 by 7 by 1 ½ inch baking pan by lining with parchment paper.
- Combine the sugar and cardamom in a small bowl, and mix with a spoon to combine.
- Beat the egg whites in a large bowl with an electric mixer until stiff, beat in sugar mixture (1 tablespoon at a time until egg whites are thick and glossy).
- Add the flour, salt and pistachios, and mix with spatula to combine.
- Spread the mixture into the prepared pan.
- Bake in oven for 30 minutes, until firm to touch and top is golden.
- Cool for 10 minutes on a rack.
- Reduce oven temperature to 275 degrees.
- With an electric knife, or very sharp knife, cut thin slices (¼ -inch thick, 7 inches long) and place on a long cookie sheet.
- Bake 20-25 minutes longer or until crisp, dry, and firm. Store in airtight container.

“IT’S BEGINNING TO LOOK A LOT LIKE CHRISTMAS” The holidays are upon us and with them comes a long to do list: Gifts to buy and wrap, cards to send, cookies to bake, parties to host and attend, decorating to do ... The list is endless. The good news is that you don’t have to do it all. Lean in to what is most important and what you enjoy doing. Let go of what you are able to. If you find you aren’t able to let go, enlist some assistance. What child doesn’t love helping Grandma make cookies or Mom decorate the tree?

Maintain healthy habits: Enjoy favorite treats in moderation to avoid holiday weight gain. Take a walk around town to appreciate the beautiful decorations and lights. Get your optimal amount of sleep as much as possible. Manage stress by: Deep breathing, prayer, and putting it all in perspective. Enjoy this “most wonderful time of the year” - JESUS IS THE REASON FOR THE SEASON.